**Manchester and District**

**Ladies’ Cycling Association**

 **Saturday 4th May 2024**

**Ladies Open Handicapped and Men’s Invitation**

**10-mile Time Trial**

*Promoted for and on behalf of Cycling Time Trials under their Rules & Regulations.*

*Handicapped using standard tables, using fastest time since 1st Jan 2023, or if none ridden, fastest time in last 3 years.*

**Event Organiser**: Heather West, 49 Grendale Avenue, Hazel Grove, Stockport, Cheshire, SK7 6LJ

Tel: 07800854203

**Timekeepers:** start Mrs J Green/ finish Mr M Jackson First rider off at **14:01 pm**

**Headquarters**: **Goostrey Village Hall, Main Road, Goostrey, Crewe, CW4 8PE**

**Signing on and collection of numbers** will be in the hall with numbers available from a table from 12.00pm onwards. Please note each rider must sign-on when collecting their number, and sign-off when returning it. Failure to do so will result in that rider being classified as DNF.

**Finish**

**Start**

## Course Details - J4/20 – 10 miles

**START**

On Moss Lane (Byley) adjacent to far gate post at first field gate on left after Lowes Farm Shop **0.000 m**

Proceed eastwards to: -

**A50 Cranage (CAUTION when turning left onto the A50) 1.616 m**

Turn left along the A50 to: -

**Toft Corner (CAUTION do not swing wide when negotiating this corner) 6.817 m**

Left onto the B5081 via Smithy Green and Lower Peover to the

**FINISH 10.006 m**

approx. 15 yds at a ‘Caution Cows’ sign about 100 yds before Wash Lane

**Directions from headquarters to start, and from finish back to headquarters**

The route will be signposted.

**Allow plenty of time to cycle to the start which is approx. 5.0 miles from the HQ.**

To the Start - Leave the Village Hall, turn left onto Main Road. Carry on through Goostrey, turn right onto New Platt Lane (1.1-mile app). Continue to the A50 and cross with caution:- very busy road. Continue on to the Northwich Road junction, turn right along Northwich Road and over the Motorway then left onto Byley Road at The Three Greyhounds Junction (1-mile app). Proceed along Byley Raod, then left onto Moss Lane (1.1-mile approx.). The start is approximately 0.5 mile further on, a few metres past Lowes Farm Shop.

To return to the HQ at the end of the time trial, continue past the finish, cross the motorway to The Three Greyhounds junction and turn left. From here again cross the motorway, turn left onto New Platt Lane, cross the A50 (caution:- very busy road). At junction turn left onto Main Road and continue through Goostrey to the village hall which is on the right just after The Crown public house.

NOTES

**NO PARKING AT START OR FINISH OTHER THAN TIMEKEEPER VEHICLES NO MATTER HOW BRIEF.**

**A50 Cranage & Toft Corner –**

You must come off your “Tri Bars” when turning onto the A50 and when turning left onto the B5081

Failure to do so will disqualify you from the event and you may be reported to the District Committee for Further Disciplinary Action.

**Prizes**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Ladies** |  | **Men** |  | **Combined** |
| 1st | £30.00 | 1st handicap | £30.00 |  | 1st | £30.00 |  | 1st | £30.00 each |
| 2nd  | £20.00 | 2nd handicap | £20.00 |  | 2nd | £20.00 |  | 2nd | £20.00 each |
| 3rd  | £15.00 | 3rd handicap | £15.00 |  | 3rd | £15.00 |  | 3rd | £15.00 each |

Certificates to be awarded to fastest M&DLCA Vet on standard at Annual Dinner.

One rider one prize, except Combination.

**COVID PRECAUTIONS**

 CTT has issued a document “Covid-19 Risk Assessment 09 08 21”. If you haven’t already read this, please download from the CTT website and read carefully. https://www.cyclingtimetrials.org.uk/documents/index/covid-19 .

HQ Contacts on the day- Heather West 07800854203

**Notes and Local Regulations**

We highly recommend you read the Risk Assessment document on the CTT District website (<https://manchester.ctt.org.uk/> ) – especially those riders who are not familiar with the course and its junctions (plus its ruts and potholes).

**Warnings:**

**Care at Junctions**

Riders must exercise care at all junctions. Any competitor whose riding line causes him/her to cross

THE WHITE LINE when approaching or leaving a junction will be liable to disqualification and may

be reported to the district committee for further disciplinary action.

A competitor who swings out to the right before executing a left turn should ensure that the road

behind is clear of traffic before doing so. This practice is not encouraged by the District Committee and competitors who ride in this manner are warned that in many circumstances this manoeuvre will be regarded as a contravention of regulation 47(i), (iii), (v).

**No ‘U’ Turns**

Riders must not perform ‘U’ turns in the vicinity of the start or finish of the event. Riders observed

performing ‘U’ turns will be reported to the District Committee who will consider disciplinary

proceedings.

**Safe riding**

Riding with your head down such that you do not have a good view of the road ahead is dangerous -

please watch out for potholes, obstacles, and other road users. Marshalls do not have the authority to control other road users, so please take care.

**Helmets (CTT Reg 15)** **Note change to rule re: All competitors**

All competitors must wear a properly affixed helmet which must be of hard/soft shell construction.

Helmets should conform to a recognised Standard as detailed in CTT Reg 15.

**Lights -**

**Rear light. CTT Reg 14(i)** No competitor shall be permitted to start either a Type A or Type B event

unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

**Front Light. CTT Reg 14(j)** No competitor shall be permitted to start either a Type A or Type B event

unless such competitor has affixed to the front of their machine a working front white light, either

flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

**Other notes**

A competitor overtaking another must pass without receiving or giving shelter. The onus of avoiding accompanied riding shall be upon the rider overtaken. (CTT Reg 21)

**Riders should not warm up on the course after the event has started.**

**Ladies**

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| **No.** | **Name** | **Cat** | **M/c** | **Club** | **H/Cap** | **Std** | **Start** |
| 1 | Claire Whitworth | V | RB | Macclesfield Wheelers |  | 29:01 | 14:01 |
| 2 | Jenny Castle | V | RB | CiclosMajor.com  | 13:28 | 28:52 | 14:02 |
| 3 | Gaynor Beckett | V | TT | Congleton CC | 12:25 | 29:01 | 14:03 |
| 4 | Lynsey Astles | V | TT | Congleton CC | 08:04 | 28:41 | 14:04 |
| 5 | Jill Wesley | V | RB | Macclesfield Wheelers | 12:22 | 29:34 | 14:05 |
| 6 | Sally Cunliffe | V | TT | Velotik Racing Team | 09:35 | 31:48 | 14:06 |
| 7 | Sue Satchithananda | V | RB | Crewe Clarion | 12:20 | 29:09 | 14:07 |
| 8 | Tracey Gregory | V | TT | Buxton CC | 9:34 | 29:51 | 14:08 |
| 9 | Claire Harrison | V | TT | Congleton CC | 7:38 | 28:57 | 14:09 |
| 10 | Gail Lowe | V | TT | Congleton CC | 6:46 | 29:20 | 14:10 |
| 11 | Deb Hutson-Lumb | V | TT | Wrekinsport CC | 6:44 | 29:51 | 14:11 |
| 12 | Emily Martin |  | TT | Team Bottrill | 03:39 | N/A | 14:12 |

**Men**

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| **No.** | **Name** | **M/c** | **Club** | **Invited By** | **Start** |
| 15 | John Leach | RB | Rossendale RC |  | 14:05 |
| 16 | Anthony Shaw | TT | Tri Central UK |  | 14:06 |
| 17 | James Roberts | RB | Macclesfield Wheelers |  | 14:07 |
| 18 | David Griffiths | TT | Crewe Clarion Wheelers |  | 14:08 |
| 19 | Issac Russell | TT | Team PB Performance |  | 14:09 |
| 20 | Vic Trigger | Tri | Crewe Clarion Wheelers |  | 14:10 |
| 21 | Phil Guy | RB | North Shropshire Wheelers |  | 14:11 |
| 22 | Chris Wilcox | TT | Stone Wheelers |  | 14:12 |
| 23 | Liam Kwan | TT | Stretford Wheelers |  | 14:13 |
| 24 | Malcom Giles | RB | Pocomotion RC |  | 14:14 |
| 25 | Robert Garbett | TT | Wrekinsport CC |  | 14:15 |
| 26 | William Renard | TT | Macclesfield Wheelers |  | 14:16 |
| 27 | Geoff Edgerton | TT | North Shropshire Wheelers |  | 14:17 |
| 28 | Mike Cole | TT | Huddersfield RC |  | 14:18 |
| 29 | Simon Price | TT | Ruthin CC |  | 14:19 |
| 30 | James Rees | TT | SKCC |  | 14:20 |
| 31 | Adrian Fox | TT | Congleton CC | Jill Wesley | 14:21 |
| 32 | Mark Williams | RB | Macclesfield Wheelers |  | 14:22 |
| 33 | Matthew Siepen | TT | Seamons CC |  | 14:23 |
| 34 | Stephen Tonge | RB | Salford Cycling Club |  | 14:24 |
| 35 | Nick Bailey | TT | Congleton CC |  | 14:25 |
| 36 | Peter Jackson | TT | Macclesfield Wheelers |  | 14:26 |
| 37 | Paul Emmins | TT | Salford Cycling Club |  | 14:27 |
| 38 | Tony Clarke | RB | Total Tri Training |  | 14:28 |
| 39 | Martin Harney | TT | Manchester Bicycle Club |  | 14:29 |
| 40 | Zac Whitehall | TT | Congleton CC |  | 14:30 |
| 41 | Robbie Harcourt | RB | CiclosMajor.com | Jenny Castle | 14:31 |
| 42 | Nathan Whitehall | TT | Congleton CC | Claire Harrison | 14:32 |
| 43 | Alice Taylor | TT | Congleton CC |  | 14:33 |
| 44 | Derek Schofield | TT | Rossendale CC |  | 14:34 |
| 45 | Tim Whitefoot | TT | Crewe Clarion Wheelers |  | 14:35 |
| 46 | David Fox | TT | Warrington RC |  | 14:36 |
| 47 | Nick Giles | RB | Pocomotion RC |  | 14:37 |
| 48 | Richard Marshall | TT | Team Wheelguru |  | 14:38 |
| 49 | Jarod Garrington | TT | Velotik Racing Team | Sally Cunliffe | 14:39 |
| 50 | Paul Birkin | RB | Buxton CC |  | 14:40 |
| 51 | Mike Walker | TT | Congleton CC | Lynsey Astles | 14:41 |
| 52 | Lucy Rodgers | TT | Congleton CC |  | 14:42 |
| 53 | Richard Bowditch | TT | Congleton CC | Gail Lowe | 14:43 |
| 54 | Kevin Blades | TT | 360 Cycling |  | 14:44 |
| 55 | Alex Critcher | TT | Team Wheelguru |  | 14:45 |
| 56 | Richard Shaw | TT | Seamons CC |  | 14:46 |
| 57 | Sam Taylor | TT | Weaver Valley CC | Emily Martin | 14:47 |
| 58 | David James Williams | TT | Velotik Racing Team |  | 14:48 |

**Sponsored Clubs**

Congleton CC: My windsock

Buxton CC: Set Vallet Cycles

Warrington RC: Houghton Light Engineering

**M&DLCA**

**Other M&DLCA events 2024 – see CTT website for further details, entries on-line, closing dates are 10 days before the event.**

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| **Course** | **Date & time** | **Organiser** | **Information** |
| J4/2010 miles | Saturday 25th May 14:00 | Kath Jackson | Ladies 10-mile Invitation |
| J4/950 miles | Sat 15th June14:00 | Ian Ross | M&DLCA open championship 50 (in conjunction with M&DTTA championship. All riders should enter the M&DTTA event) |
| J2/2125 Miles | Sun 6th July14:00 | Mavis Ross | M&DLCA Ladies 25(in conjunction with the Weaver Valley) |
| J2/925 miles | Sat 20th July14:00 | Mavis Ross | Ladies 25 mile Invitation |

Each year, the M&DLCA awards several prizes and trophies to members of the M&DLCA and affiliated clubs. Clubs can affiliate by sending £10 affiliation fee to Mavis Ross, details are on our website on the affiliation form. Any event on a ‘25’ or ‘50’ mile ‘J’ course counts for these trophies, as long as copies of the results sheet and entry form are sent to the M&DLCA BAR Secretary, K. Jackson, but the only counting ‘10’ mile events are those organised by the M&DLCA.

The onus is on the rider to submit, where required, copies of the entry form and results sheet to the M&DLCA BAR Secretary before 1st October of the current season.

*Visit our website at* [*http://www.mdlca.org.uk*](http://www.mdlca.org.uk) *for the latest news, results and photos*

*We also have a* [*Facebook page*](https://www.facebook.com/mdlca/) *for photos and posts, and on Twitter we are @ManDLCA.*